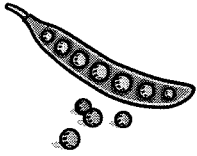


## June 2015 Peas and Carrots

Provided by the Indiana FSSA's Division of Aging



"What good is the warmth of summer, without the cold of winter to give it sweetness?" - John Steinbeck



### June Trivia Questions (answers below)

1. Queen Elizabeth II was crowned Queen of Great Britain on June 2 of what year?
2. Charles Drew, African American surgeon, was born in June 1904. For what was he best known?
3. Who proclaimed June 14 as the official U.S. Flag Day in 1949?
4. How many rows of stars are on the American flag today?
5. Who placed an American flag on the moon?
6. When your flag is old and has seen better days, it is time to retire it. How is this done?
7. How many servings does the average three-layered wedding cake provide?
8. Engagement and wedding rings are worn on the fourth finger of the left hand because...?
9. A vexillologist is an expert in what?

1. 1953 2. Among his many accomplishments, Dr. Drew became the first director of the American Red Cross blood bank in 1941. 3. President Harry S. Truman 4. There are nine rows—five rows with six stars each and four rows with five stars each. 5. Astronaut Neil Armstrong in 1969 6. Old flags should be burned or buried. 7. 150 8. It was once thought that a vein in that finger led directly to the heart. 9. The history of flags.

### Word Search...Flag Day, Father's Day, and Weddings

T N B G S V W S C Y W A W B S  
A O K E E E E T A O M X E R D  
V F H E T P I D Q E K U D I I  
S E Z U I S S N R W D E D D A  
T Y X R L R Y I O I W I I A M  
A B T I E I C R A L F T N L S  
R S R H L A E M O K O K G S E  
S X T I N L O V N S U C S H D  
F A J F D N O Z G J S E D O I  
F Y L G D E L L F N Y N T W R  
Y A I S C F S E O C I T P E B  
G Y R O L G D L O G B D E R H  
E N G A G E M E N T I V D V Q  
V V P S X T T O A S T S J E T  
D R A C K R A M L L A H T W W

WEDDINGS  
AMERICAN FLAG  
FATHERS DAY  
BETSY ROSS  
DIAMONDS  
WEDDING VEIL  
STARS  
BRIDAL SHOWER  
OLD GLORY  
HALLMARK CARD  
BRIDESMAIDS  
NECKTIE  
ENGAGEMENT  
STRIPES  
TOASTS  
COLONIES  
BRIDES  
VEXILLOLOGIST

Source: <http://puzzlemaker.discoveryeducation.com/code/BuildWordSearch.asp>



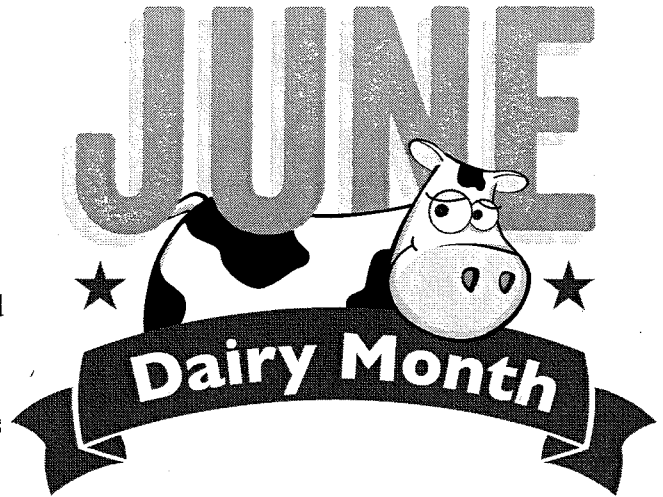
**Division of  
Aging**

Contact the Division of Aging at  
1-888-673-0002,  
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[www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

# Dairy Makes Sense

June Dairy Month began in 1937 as a way to help distribute extra milk when cows started on pasture in the summer months. Today, farmers, health professionals, consumers, and stores pause in June to celebrate the ways dairy makes sense. Not only do dairy foods taste great, they are nutritious and protein-packed.

Dairy foods provide nine essential nutrients, including calcium, vitamin D and protein. The nutrients help build and maintain strong bones, control blood pressure, and maintain a healthful weight. Dairy foods also have been shown to help reduce the risk of heart disease and stroke, osteoporosis and obesity.



Protein is a powerhouse nutrient for our bodies. Not only does it help us feel fuller longer, it also protects muscles after we work out, strengthens the immune system, and regulates metabolism as we get older. The protein naturally found in milk and other dairy products helps build strong muscles for our active lifestyles. Dietary protein also plays a key role in the changing nutrient needs of aging adults. It has been estimated that 45% of older adults in the U.S. have sarcopenia, a condition characterized by loss of muscle mass and strength due to the aging process. Evidence shows that older adults may actually require increased protein to help preserve and build muscle. Research also shows that 30 grams of protein at each meal is sufficient to stimulate protein synthesis in both younger and older adults. With an average of 8 grams of protein per serving, dairy can certainly help make a dent in your protein goal while also providing other key nutrients of concern for older adults, such as vitamin D, calcium, vitamin B12, and potassium. Add in some physical exercise, and the results get even better!

## Cucumber Yogurt Dip

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 cup low-fat plain yogurt     | 1 tsp. lemon juice              |
| 4 ounces low-fat cream cheese  | 1/2 tsp. black pepper           |
| 1/2 cup diced, seeded cucumber | 1 tsp. lemon zest               |
| 1 clove garlic, minced         | Garnish: thinly sliced cucumber |
| 1 Tbsp. chopped fresh dill     |                                 |

Stir yogurt and cream cheese until smooth. Add remaining ingredients; stir to blend. Serve with raw or blanched vegetables, such as carrots, celery, tomatoes, or zucchini.

Nutritional facts per serving: 250 calories; 8 g total fat; 25 mg cholesterol, 170 mg sodium, 10 g carbohydrates, 1 g dietary fiber, 9 g protein, 20% daily value calcium

<http://www.dairymakesense.com/health-fitness/protein-power/#sthash.AM41J8EM.dpuf>  
<http://www.dairymakesense.com/recipe/cucumber-yogurt-dip/#sthash.UMQH2BYU.dpuf>



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[www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)